

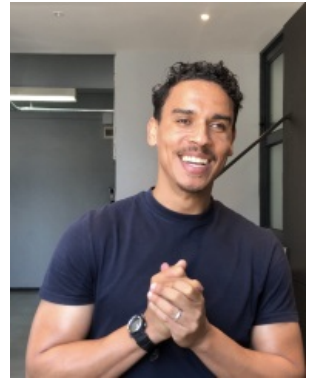
Curriculum Vitae

Male

D.O.B. 01 May 1990

Number of years working in industry:

4 years 11 months



Candidate ID Number: 169560

Nationality: South African

Language Skills:

Fluent: English

Permitted to work in: South Africa

Position Sought: Fitness Professional

Personal Statement

My best quality is motivating people and making them see their purpose in this life. My goal is to own a private fitness studio that delivers state of the art customer experience while clients reach their health fitness goals.

Seeking work in international locations and cruise ships

Employment History:

March 2021 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Cape Town, South Africa, (Health Club)

Duties included:

- Perform fitness assessments in accordance to the metrics that are important to client.
- Curate tailored workouts in line with clients' limitations or specific sport.
- Provide general nutrition guidance.
- Facilitate micro and macro check-ins and provide feedbacks.
- Assist with virtual workouts for client travel plans.

Education and Qualifications:

2024 Health and Fitness Professionals Academy

Higher Certificate (Personal Trainer Level 3)

Personal Training

2007 Mountview High School

Vocational Qualifications

First aid

Hobbies and Interests

- Soccer.
- Reading.
- Singing.
- Road running.
- Trail running.
- Cooking.

CV created at www.spastaff.com

